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Taping for Achilles Tendon Injury

OBJECTIVES:

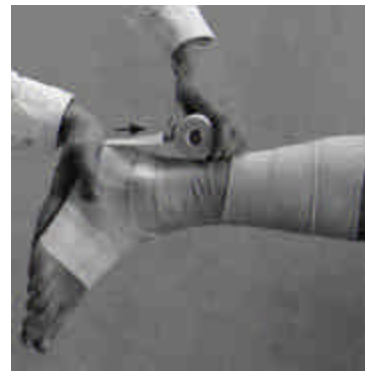
- ? Support the Achilles Tendon with Elastic Reinforcement Assisting Plantar Flexion,
- ? Prevent Full Stretch of the Musculo-tendinous Unit by Restricting Full Dorsiflexion,
- ? Limit Inversion Significantly when Heel Lock is used, and
- ? Permit Full Plantar Flexion and Eversion.



Clean and prepare the area by shaving if excessive hair is present. Spray the area with skin toughener (Tuf Skin®, STA®, etc.). The foot should be positioned in approximately 45° of plantarflexion.

Apply pre-wrap to area to be taped. Apply lubricated heel and lace pads to prevent blisters and tape cuts over the Achilles tendon and Tibialis Anterior tendon.

Apply two elastic anchor strips at the heads of the metatarsals. Remember, the anchor strips should be applied directly to the skin.



Apply elastic anchor strips to the calf region. Remember, the anchor strips should be applied directly to the skin.

Apply the first vertical strip, using 3" elastic tape, beginning from the center of the mid-foot anchors, pulling proximally to the calf anchors.

Repeat the previous step passing just laterally to the center of back of heel.

Repeat again, passing just medially to the center of back of heel. (Pictures continued on next page.)



A lateral ankle lock may be applied to offer more stability. Begin on the medial side of the upper anchor, wind the tape around behind the Achilles tendon to catch the heel from the medial side. Lock the heel and pull the tape up with strong tension on the lateral side before affixing it to the upper anchors.



Close the tape job by applying elastic anchor strips to the leg. Fill in any open areas to avoid blisters and pinching of skin. The end of the elastic closures should be secured with white tape.

Test tape for adequate restriction of motion and ensure that tape on mid-foot is not too tight.